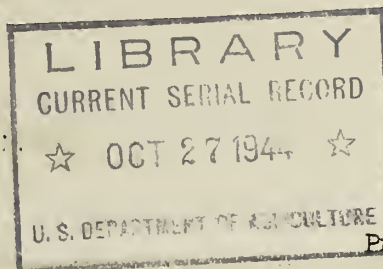


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Prepared by New York State  
Office of Distribution  
War Food Administration  
150 Broadway  
New York 7, New York

NUMBER IV

MAY 1944

TO ALL PRINCIPALS:

Pupil participation in the Community School Luncheon Program has shown a steady increase throughout New York State. The percentage of school boys and girls who take advantage of the opportunities afforded by this program, however, suggests that many of the children do not understand the benefits to be derived from it.

We suggest, therefore, that you bring the nutritional advantages of this balanced luncheon to the attention of pupils in your school. Perhaps by adapting the enclosed message to your situation and discussing it with the pupils you can encourage greater participation. Or, by incorporating the contents into ways you have devised you can bring this luncheon to the attention of your school. The lunchroom affords us an opportunity to learn by doing. When balanced luncheons are served, the dining-room becomes a place where nutrition precepts of the classroom are put into practice. In this and other nutrition teaching, you may find helpful the educational material listed on Page 4.

In your efforts to improve the quality of the food served, you will find that tested quantity recipes using the foods which meet the pattern for the Community School Luncheon Program are available from a number of reliable sources. We are enclosing a copy of one of these booklets. You may be using some such booklets in your lunchrooms which you have found helpful. If so, we shall be glad to have you let us know about them, so that they can be added to the list we are preparing of quantity recipe publications practical for use in the Community School Luncheon Program.

In the next issue of the Community School Lunch News we plan to give highlights of the program in urban and rural sections of New York State. Won't you let us know about your nutrition projects devised to encourage pupils to select the SPECIAL served on your Community School Luncheon Program and the results accomplished? We want to include them in the summary.

ATTENTION BOYS AND GIRLS!

"UNCLE SAM NEEDS US STRONG"

During these critical times we must take every precaution to keep healthy. One of the precautions we should take is to eat the foods which contain nutrients essential for a streamline, healthy body. This means that you should eat the Basic Seven Foods every day. To make a completely balanced luncheon available every day to all of us a VICTORY SPECIAL Luncheon is served in the schools. This luncheon contains one-third of all of the daily food requirements of growing boys and girls. Each day's menu on the VICTORY SPECIAL Luncheon includes:-

1. 1/2 pint of nature's most nearly perfect food - MILK
2. A food for growth and repair. This may be either 2 ounces of meat or fish, or 1 egg, or 1/2 cup of cooked beans, peas or lentils, or 4 tablespoons of peanut butter.
3. A fruit or vegetable dish for pep and stamina.
4. At least 1 slice of whole wheat or enriched bread.
5. 2 teaspoonfulls of butter or fortified margarine.

Some of the foods served may be new to you. If so, here is your chance to get acquainted with them. One of the things we learn as we are growing up is to eat different kinds of food. I wonder how many foods each one of you has learned to eat? When you are really "grown up" you can - and do - eat every food which is served on these VICTORY SPECIAL Luncheons.

The VICTORY SPECIAL Luncheon is offered at a bargain - (\_\_\_\_ cents) for all five items - because Uncle Sam is eager to have boys and girls eat these foods regularly to make and keep them strong. Of the \_\_\_\_\_ pupils enrolled in this school, an average of \_\_\_\_\_ take the VICTORY SPECIAL Luncheons daily.

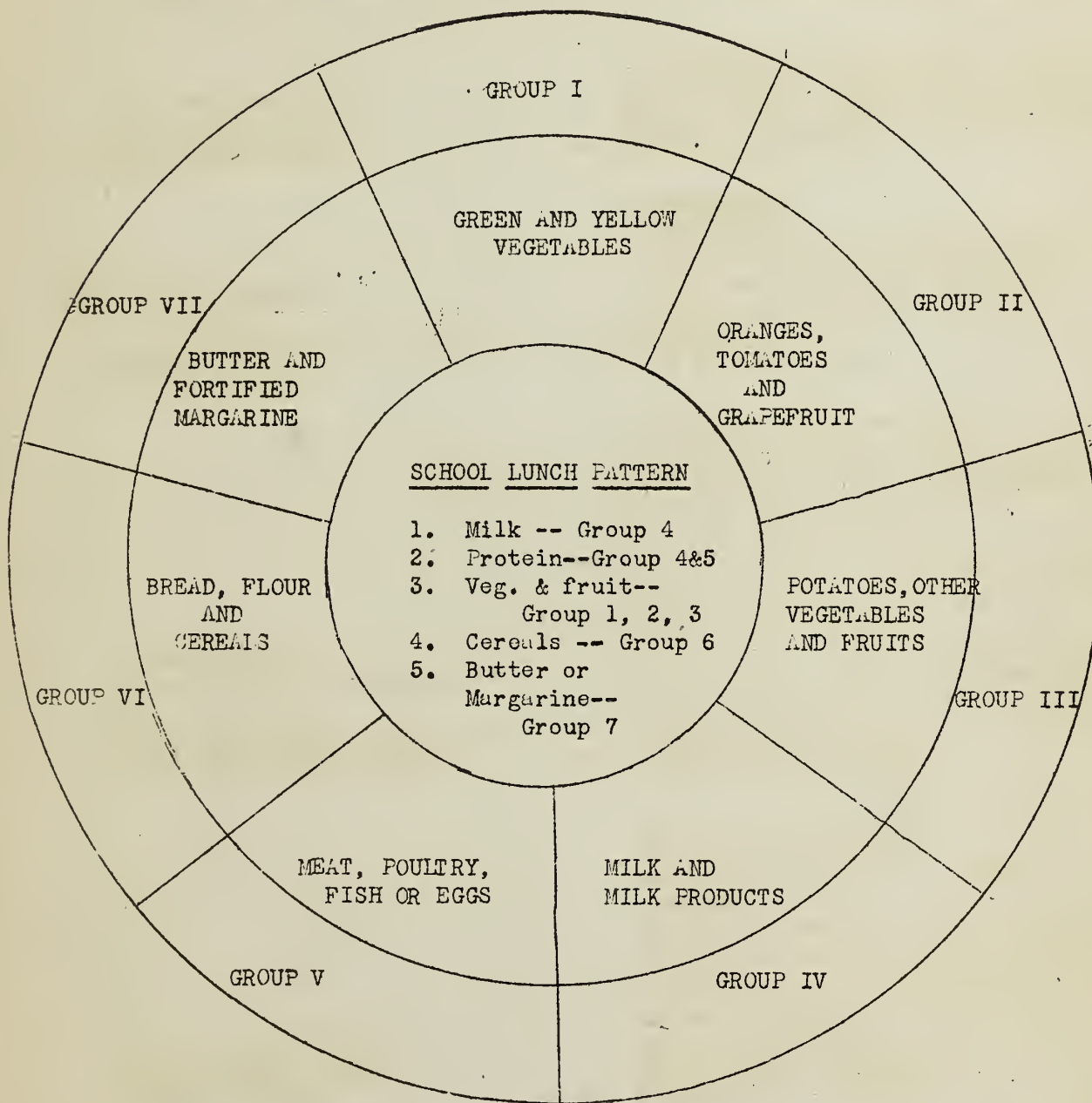
The chart enclosed shows that this luncheon contains all of the Basic Seven Foods we need every day. We are fortunate in this country to have all we need of these foods, but if we do not eat them, our bodies will be weakened just as much as are those of people in other lands where all of the foods needed for growth and stamina are not available. This is why we are urged to join the "CLEAN PLATE CLUB."

Your cooperation in this program is urged for yourself - your school - and your country!

"UNCLE SAM NEEDS US STRONG!"

COMMUNITY SCHOOL LUNCH PROGRAM PROVIDES THE BASIC SEVEN FOODS

Keep the wheel of health moving in your school . . . . .





NUTRITION EDUCATION MATERIAL PREPARED BY FEDERAL AGENCIES AND CURRENTLY  
AVAILABLE FROM THIS OFFICE.

1. School Luncheon  
Menu-Planning Guide  
School Lunch Recipes
2. Nutrition - General  
Basic Seven Foods (Poster)  
Eat the Right Food  
Family Food Plans for Good Nutrition  
Information File - Nutrition - Jan. '44  
National Wartime Nutrition Guide  
Nutrition Education in the Elementary  
School  
Nutrition Exhibits in Wartime  
The Foods We Live By  
Vitamin Values of Food #505
3. Food For Freedom Series  
Fight Food Waste in the Home  
Food for Growth  
Vitamins from Farm to You  
When You Eat Out
4. Individual Food Topics  
Cheese in Your Meals  
Cooking with Soya Flour and Grits  
Dried Beans & Peas in Wartime Meals  
Dried Fruits in Low Cost Meals  
Fats in Wartime Meals  
Green Vegetables in Low Cost Meals  
Honey and Some of its Uses  
Meat for Thrifty Meals  
Potatoes in Popular Ways  
Root Vegetables in Wartime Meals  
Soybean and Soybean Products as Food  
99 Ways to Share the Meat
5. Victory Gardens  
Growing Vegetables in Town and  
Country  
Victory Gardens
6. Food Preservation
  - a. Canning  
Canning Tomatoes  
Take Care of Pressure Canners  
Wartime Canning of Fruits, Vegetables
  - b. Dehydration  
Oven-Drying
7. Food Conservation  
Facts on Food Waste  
Food Conservation
8. Farmers' Bulletins  
Home Storage of Vegetables and Fruits  
Preservation of Fruits and Vegetables  
by Salting and Brining

We can send limited quantities of any of the above material upon request.

*Katherine Connelly Wisely*  
KATHERINE CONNELLY WISELY  
FOOD EDUCATION SPECIALIST